

## ***Your Life Energy, LLC***

### **Our Staff**

3 Reiki Masters Practitioners. They will alternate days and hours. They will also substitute each other as need it.

2/1 Yoga or Tai Chi Instructors. They will alternate days and hours. They will also substitute each other as need it.

2 Zumba Instructors. They will alternate days and hours. They will also substitute each other as need it. (one of them is a Reiki Practitioner and Massage Therapist and she is included above as Reiki Master)

2 Massage Practitioners (both of them are Reiki Practitioners too and they are included above as Reiki Practitioners). They will alternate days and hours. They will also substitute each other as need it.

### **Our Services**

Reiki Session

Reiki Session with Crystal Healing or Tuning Forks

Emotional Freedom Technique

Massage (Therapeutic)

Meditation Classes

Yoga

Tai Chi

Zumba

Reiki, Crystal Healing and Holistic Workshops (i.e. Understanding Energy Medicine: The Science and Potential, Meditation with Crystal Quartz Bowls, Emotional Freedom Technique)

These holistic techniques assist with releasing stress and related problems (lack of sleep, high blood pressure, anxiety, etc.) and pain management. They also, augment concentration and self-energy. Holistic Therapies help with your outlook in life, feeling more positive and refresh, improving yourself physically, mentally & spiritually.

### **Disclaimer**

Reiki is not affiliated with any particular religion or religious practice. Reiki is not new, it is an ancient oriental technique that is thousands of years old (at least) and it was rediscovered in Japan by Dr. Mikao Usui during his search for Natural Healing in 1914 at Kumara Mountain. While Reiki, Crystal Healing, EFT, Yoga, Tai Chi, Zumba, Holistic Body Energy Work and Therapeutic Massage are very effective, they are not a miracle cure. They are part of an integrated healing or wellness program.

**Working Hours and Days of Operation in  
311, Suite 11  
Alexandria, VA 22314**

**Hours and days of operation**

**Monday 8:00 a.m. to 8:30 p.m.**

8:00 a.m. to 9:30 a.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

10:00 to 11:30 p.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

12:30 p.m. to 6:00 p.m. It could be 1 Massage (1 customer + practitioner) and 1 Reiki/Emotional Freedom Technique (1 customer + practitioner) session at the same time. But it could be 2 Massage sessions or 2 Reiki sessions at the same time. Each session lasts approximately 1 hour and 45 minutes. This is enough time to receive the customer, give answers to the customer's questions, treatment, cleaning of the working area and preparation time for the next customer/session. We do not like to rush and work against time.

Location: Massage in Room 1 and enclosure area. There will be removable wall dividers, they are sound proof and they will provide complete privacy for these modalities.

7:00 p.m. to 8:30 p.m. Meditation (approximately 11 people including instructor).

Location: Multi-purpose room

**Tuesday 9:00 a.m. to 7:00 p.m.**

9:00 a.m. to 2:00 p.m. It could be 1 Massage (1 customer + practitioner) and 1 Reiki/Emotional Freedom Technique (1 customer + practitioner) session at the same time. But it could be 2 Massage sessions or 2 Reiki sessions at the same time. Each session lasts approximately 1 hour and 45 minutes. This is enough time to receive the customer, give answers to the customer's questions, treatment, cleaning of the working area and preparation time for the next customer/session. We do not like to rush and work against time.

Location: Massage in Room 1 and enclosure area. There will be removable wall dividers, they are sound proof and they will provide complete privacy for these modalities.

5:30 p.m. to 6:45 p.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

**Wednesday 8:00 a.m. to 8:30 p.m.**

8:00 a.m. to 9:30 a.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

10:00 to 11:30 p.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

12:30 p.m. to 6:00 p.m. It could be 1 Massage (1 customer + practitioner) and 1 Reiki/Emotional Freedom Technique (1 customer + practitioner) session at the same time. But it could be 2 Massage sessions or 2 Reiki sessions at the same time. Each session lasts approximately 1 hour and 45 minutes. This is enough time to receive the customer, give answers to the customer's questions, treatment, cleaning of the working area and preparation time for the next customer/session. We do not like to rush and work against time.

Location: Massage in Room 1 and enclosure area. There will be removable wall dividers, they are sound proof and they will provide complete privacy for these modalities.

7:00 p.m. to 8:30 p.m. Meditation (approximately 11 people including instructor).

Location: Multi-purpose room

#### **Thursday 9:00 a.m. to 7:00 p.m.**

9:00 a.m. to 2:00 p.m. It could be 1 Massage (1 customer + practitioner) and 1 Reiki/Emotional Freedom Technique (1 customer + practitioner) session at the same time. But it could be 2 Massage sessions or 2 Reiki sessions at the same time. Each session lasts approximately 1 hour and 45 minutes. This is enough time to receive the customer, give answers to the customer's questions, treatment, cleaning of the working area and preparation time for the next customer/session. We do not like to rush and work against time.

Location: Massage in Room 1 and enclosure area. There will be removable wall dividers, they are sound proof and they will provide complete privacy for these modalities.

5:30 p.m. to 6:45 p.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

#### **Friday 8:00 to 8:30 p.m.**

8:00 a.m. to 9:30 a.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

10:00 to 11:30 p.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor).

Location: Multi-purpose room.

12:30 p.m. to 6:00 p.m. It could be 1 Massage (1 customer + practitioner) and 1 Reiki/Emotional Freedom Technique (1 customer + practitioner) session at the same time. But it could be 2 Massage sessions or 2 Reiki sessions at the same time. Each session lasts approximately 1 hour and 45 minutes. This is enough time to receive the customer, give answers to the customer's questions, treatment, cleaning of the working area and preparation time for the next customer/session. We do not like to rush and work against time.

Location: Massage in Room 1 and enclosure area. There will be removable wall dividers, they are sound proof and they will provide complete privacy for these modalities.

7:00 p.m. to 8:30 p.m. Meditation (approximately 11 people including instructor).

Location: Multi-purpose room

#### **Saturday 8:00 a.m. 11:30 a.m.**

8:00 a.m. to 9:30 a.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor)

Location: Multi-purpose room.

9:30 to 11:30 a.m. Yoga, Zumba or Tai Chi (approximately 11 people including instructor)

Location: Multi-purpose room.

**Saturday and Sunday 12:00 p.m. to 6:00 p.m.**

**Holistic Classes or Holistic Workshops will be held once a month**

- Reiki and Crystal Healing workshops are for 7 people maximum including Teacher. I prefer to have small group of students. This will provide full attention and teaching and attention quality.
- Energy Medicine, Meditation and Emotional Freedom Technique are only 1 or 3 hours maximum each and we could comfortable accommodate between 10 up to 19 people maximum (all seated) + Instructor/speaker.

**Note:** If Holistic classes or workshops are not going to be happening we could offer meditation, massage, crystal healing/tuning forks, emotional freedom technique and reiki services to people between 12:00 p.m. to 4:00 p.m. Generally customers like to have these services in the weekends because they work during the week.

Thanks

Rev. Maricela Noble  
RMT/IARP